

City of San Diego Park & Recreation Department
"We enrich lives through quality parks and programs."
<http://www.sandiego.gov/park-and-recreation/centers/carmelvalley.shtml>

**Carmel Valley Community
Park & Recreation Center**

3777 Townsgate Drive
San Diego, CA 92130

Recreation Center Office:
(858) 552-1616

Carmel Valley Pool:
(858) 552-1623

Carmel Valley Tennis:
(858) 504-4181

Recreation Council Information
www.cvsd.com/CVRecCenter

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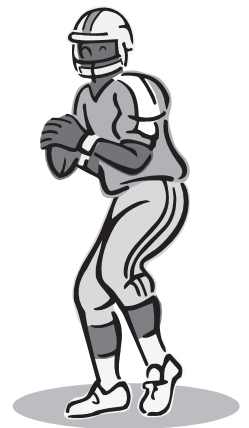
**OFFICE HOURS FOR
CLASS REGISTRATION**

MONDAY	2:00 - 6:00pm
TUESDAY	2:00 - 7:00pm
WEDNESDAY	2:00 - 7:00pm
FRIDAY	2:00 - 6:00pm

**CREDIT CARD AND
ONLINE REGISTRATION
COMING SOON!**

**VISIT www.sandiego.gov/park-and-recreation/
FOR DETAILS!**

**FALL
2011
PROGRAM**



Park Use Permits and Recreation Center Use Permits are taken by appointment only.
Please contact Center Director Rob Powell @ (858) 552-1616 to make an appointment.

CLASS REGISTRATION BEGINS SEPTEMBER 10, 2011 AT 9:00AM

Numbers will be issued at 7:00am to reserve a place in line.

See inside front cover for complete details.

REGISTRATION INFORMATION

Registration for our programs is taken on a first come, first serve basis. No phone or mail in registration accepted. **Children under 18 must be registered by their parent/legal guardian. NO EXCEPTIONS!**

REGISTRATION BEGINS:

SATURDAY, SEPTEMBER 10, 2011 at 9:00AM

(Except for Girls on the Run, Master Sports Programs, Senior Fitness & Tennis) Numbers will be issued at 7:00am to reserve a place in line. One number per family. We can not give you a number for a friend/neighbor.

Historically, only a few classes fill to capacity on the first day of registration; register early for best availability. When classes fill to capacity, waiting lists are formed. Many classes are expanded to accommodate additional students. However, to insure program quality for all participants, no exceptions are made regarding class enrollment sizes. *Programs may be cancelled if the minimum enrollment requirement is not met 24 hours prior to the start of the first class. Please register early. All participants must meet age requirements.*

PAYMENT POLICY:

- ◆ Payment is required at the time of registration.
- ◆ Please pay with **EXACT cash or a check** payable to CVRC.
- ◆ A **\$35 fee** will be charged for all returned checks.
- ◆ **Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.**
- ◆ Class fees are not prorated/discounted after the beginning of the scheduled session.
- ◆ *The City of San Diego is completing the steps required to accept credit cards and process registrations online. There will be a Service Fee/Transaction Fee for this service. Refer to Website listed on brochure cover for detailed information.*

Resident - Resides in the City of San Diego, property taxes are paid to the City of San Diego

Non-Resident - Resides outside the City of San Diego (Solana Beach, Del Mar, Rancho Santa Fe, Cardiff, etc.)

REFUND POLICY:

This policy applies to programs offered by the Carmel Valley Recreation Council. Sorry, no refunds available for programs with less than 4 class meetings. No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). **Sorry, no exceptions!**

A **\$20 service fee** will be charged **per registrant for each refund request.**

A CVRC Refund Request Form (available at the Recreation Center) and your pink registration receipt must be submitted **at least 48 business hours prior to the second scheduled class meeting.**

Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. If you or your child are unhappy, or your child does not participate after the refund deadline, we cannot process a refund or transfer. Thank you for understanding.

If your child has a medical emergency (not regular/routine illness) after registration day and cannot participate in class please contact CVRC staff as soon as possible. A **CVRC Refund Request Form** (available at the Recreation Center) **must be submitted as soon as possible.** Refund or credit will be determined on a case by case basis by the Center Director.

INDIVIDUALS WITH DISABILITIES:

Most classes can accommodate persons with disabilities. Park and Recreation Therapeutic Programs staff may provide additional assistance. Please ask for this service at the time of registration.

CARMEL VALLEY PARKS

Ashley Falls Park	13030 Ashley Falls Drive
Carmel Creek Park	4260 Carmel Center Road
Carmel Del Mar Park	12345 Carmel Park Drive
Carmel Valley Park & Rec. Center	3777 Townsgate Drive
Solana Highlands Park	3520 Long Run Drive

PARK USE INFORMATION

City of San Diego staff issues Park Use Reservation Permits for the above listed areas including, but not limited to, sports field use, picnic areas, party jumps and special events.

Call for availability and more information. Permits are taken by appointment only. **Please contact Center Director Rob Powell at (858) 552-1616 to schedule.**

CARMEL VALLEY COMMUNITY PARK AND RECREATION CENTER:

FACILITIES AVAILABLE

The Carmel Valley Community Park and Recreation Center is a City of San Diego Park and Recreation facility and is free and open to the public, during designated hours. Facilities and programs available:

- ◆ Indoor multipurpose courts
- ◆ Game room with Table Tennis
- ◆ Passive picnic areas with barbecues
- ◆ Outdoor basketball courts
- ◆ Outdoor Fitness Stations
- ◆ Tennis courts
- ◆ Amphitheater
- ◆ Two Playgrounds
- ◆ Multipurpose fields
- ◆ Horseshoe pits

CARMEL VALLEY PARKS ADMINISTERED BY THE MAINTENANCE ASSESSMENT DISTRICT:

For information/Permits contact Randy Jones, (619) 685-1366
rjones@sandiego.gov

Carmel Knolls Park, 4850 Carmel Knolls Dr.

Carmel Mission Park, Corner of Carmel Country & Carmel Mission Rd.

Carmel View Park, Corner of Valley Centre Dr. & Carmel View Rd.

For information/Permits contact George Flores, (619) 685-1335
gflores@sandiego.gov

Carmel Grove Park, Corner of Carmel Grove and Carmel Creek Rd.

Torrey Highlands Park, Corner of Del Mar Heights Rd. & Lansdale

Winwood Park, Corner of Carmel Creek Rd. & Pasea Montanas

RECREATION COUNCIL:

Carmel Valley Community Park and Recreation Center is a public facility operated by the City of San Diego and the Carmel Valley Recreation Council. The council meets the first Tuesday of each month at 7pm at the Recreation Center. Meeting notice/information is posted on the Recreation Center bulletin board.



Having a Party in the Park?

If you would like to host a birthday or other special occasion party in one of the above listed parks please contact staff at the Recreation Center for availability and information.
(858) 552-1616

LASER TAG BIRTHDAY AND GROUP PARTIES

By Master Sports

See page 5 for details!



TINY TOTS by Hopscotch San Diego

NEW!

Our Tiny Tots program is designed to help preschoolers (ages 3-5) get ready for "real" school. Miss Kim and the Hopscotch Staff offer a well-rounded curriculum that includes art, music, movement, science, language arts, pre-math, and pre-reading. The Tiny Tots class provides a *fun* atmosphere for children to socialize with others both indoors and outdoors, learn how to stand in line, participate in circle time, and the list continues! Each three-hour session includes instruction, materials for learning activities, art projects, musical instruments, and healthy snacks. *Note: Makeups for missed classes are allowed on space availability.*

Ages: 3 - 5 years
Time: 9:00am - 12:00pm
Location: CVRC Room 2
Minimum: 8 Maximum: 14



Session 1: *All About Me, Van Gogh, and Mozart*
Days: Mondays and Wednesdays
Sept 19, 21, 26, 28, Oct 3, 5, 10, 12, 17, 19

Cost: \$300
Session 1: Mon. only - Sept 19, 26, Oct 3, 10, 17 - \$150
Session 1: Weds. only - Sept 21, 28, Oct 5, 12, 19 - \$150

Session 2: *Animals, Eric Carle, and Beethoven*
Days: Mondays and Wednesdays
Oct 24, Oct 26, 31, Nov 7, 9, 14, 16, 28, 30, Dec 5

Cost: \$300
Session 2: Mon. only - Oct 24, 31, Nov 7, 14, 28, Dec 5 - \$180
Session 2: Weds. only - Oct 26, Nov 9, 16, 30 - \$120

For more information please visit <http://hopscotchsandiego.com> or call (858) 336-0053.

MUSIC VIDEO CREATION by ClubXcite

NEW!

Direct, Film, Edit and Star in your very own Music Video! Use your lip sync, acting, singing, dancing and creative skills to create music videos to your favorite songs! ClubXcite offers a 4:1 student to Music Counselor ratio, allowing opportunities for more personalized attention. Children will gain experience in the creative process by creating a storyboard, taking part in improvisations about their ideas, scouting their school or recreation center for film locations, and finally shooting the video! Our club aims to help build confidence, teach new skills, and have a blast! Each child will receive a digital copy of the music videos they create. No experience is necessary. Our Music Counselors have years of experience engaging and supporting kids with their creative ideas!

To check out Music Videos from our last session, please follow this link: http://www.youtube.com/watch?v=ORiKdBGv5s8&feature=player_embedded

Day: Monday
Age: 3rd - 5th graders
Time: 3:00 - 4:00pm
Cost: \$178/6 Weeks or \$195/Non-resident
Instructor: Angela Bianco, Creative Arts Practitioner
Session 1: 9/19 - 10/24/11
Session 2: 10/31 - 12/5/11
Location: CVRC Room 2



For more information, contact Angela Bianco at (858) 779-9674.
Email: abianco@exciteway.com
Web: www.exciteway.com

STORIES IN PERFORMANCE with KIDS ACT!

Imagine! Create! Perform! Whether your child is meant to be on stage, or needs a little more confidence speaking in front of their classmates, Kids Act can help motivate, inspire and enrich your child. Students are introduced to improvisational skills through theater games and help to adapt a classic children's story for performance on the last day of class.

Day: Saturday
Age/Time: 4 - 6 years from 9:30 - 10:30am
7 - 11 years from 10:30 - 11:30am
Cost: \$110/7 weeks or \$130 for Non-residents
Instructor: Aleta Barthell,
Professional Theater Artist and Founder
SESSION: 9/24 - 11/5/11
Location: CVRC Room 2



For more information contact Aleta Barthell at (760) 635-3340.
Email: Aleta@roadrunner.com
Internet: www.aletabarthell.com

KAJUKENBO KARATE AND SELF DEFENSE

Come have fun and train hard! Learn a combined martial arts style that includes Karate, Judo/Jujitsu, Kenpo, and Chinese Boxing (Kung Fu). Our goal is to increase self confidence, discipline and awareness of surroundings. Students will focus on multiple aspects of the martial arts which includes physical conditioning, forms (movements involving kicks, punches and blocks), and of course, self defense. Join our family environment and get the Martial Arts Advantage!

Day: Thursday
Time: 6:00 - 7:30pm
Ages: 5 and up - All skill levels are welcome
Cost: \$75/5 weeks or \$90 for Non-residents
Instructor: Mike Shaw, 3rd Degree Black Belt
SESSION 1: 9/22 - 10/20/11
SESSION 2: 10/27 - 12/1/11 NO CLASS 11/24
Location: CVRC Room 2



For more information contact Mike at (858) 531-2508.
Email: 3shawboys@gmail.com
Internet: www.kick411.com

CHILD AND BABYSITTER SAFETY

Child and Babysitter Safety class is a community education program that covers child safety and basic care for infants and children. Topics covered include: sitter safety, infant and child feeding, diapering procedures, recognizing an emergency, child and infant CPR, and basic first aid for children. Participants receive a booklet and starter first aid kit, and a Babysitter certificate from the American Health & Safety Institute upon completion. Class is 4 hours long for 11 year olds and up. Class is conducted by Sue Lockhart of Lockhart Training who has been training babysitters in San Diego for 20 years. Sorry, no refunds available for programs with less than 4 class meetings.

Dates: **Session 1:** 10/19 (W) & 10/20 (TH) from 3:30 - 5:30pm
Session 2: 11/5 (Sat.) from 9:30am - 1:30pm
(Participants should bring a sack lunch and drink)
Session 3: 12/7 (W) & 12/8 (TH) from 3:30 - 5:30pm
Ages: 11 years and up
Fee: \$60/Resident or \$66 for Non-residents
(Refund requests must be submitted 48 business hours prior to start of class.)
Instructor: Sue Lockhart
Location: CVRC



For more information, contact Sue at (858) 344-0475.

JR. SPORTS

Each Session participants will play soccer, basketball, tee-ball, flag football and track and field. Our coaching philosophy is to give participants a foundation in each sport by incorporating rules into modified games that are appropriate for each age group and most importantly a lot of fun. Sports Gift and Class Shirt included.

MONDAY

2 - 3 years 9:20 - 9:55am (Parent Participation Required)
 Parent and participant receive matching class shirts.
 3 - 4 years 10:00 - 10:50am
 4 - 5 years 11:00 - 11:50am

TUESDAY

3 - 4 years 9:30 - 10:20am
 4 - 5 years 10:30 - 11:20am



SATURDAY

4 - 5 years 9:00am - 9:50am
 3 - 4 years 10:00 - 10:50am
 2 - 3 years 11:00 - 11:40am (Parent Participation Required)

Cost: \$110
 Instructor: Master Sports Staff
SESSION: Monday 9/19 - 11/7/11
 Tuesday 9/20 - 11/8/11
 Saturday 9/24 - 11/12/11
LOCATION: CVRC Lower Field

XTREME DODGEBALL LEAGUE

Get ready for one of the most fun games your child will ever play. We use soft foam style dodge balls for safety. We will form teams the first week and teams will play for season long point standings. Team jerseys and awards included. Space is limited.

Team Requests:

For grades K-6:
 Up to 3 friends may request to play together on the same team.
 For grades 7 - 12:
 Up to 12 friends may request to play together on the same team.

Day/Time: Friday, See website for times.
 Cost: \$125, includes team jersey.
 Director: Coach Jay and Master Sports Staff
SESSION: 9/23 - 11/18/11
LOCATION: Carmel Valley Recreation Center Gymnasium
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.

SEE BACK COVER FOR
XTREME DODGEBALL
 THANKSGIVING CAMP INFO



FALL BEGINNER T-BALL LEAGUE

This league is designed for children who miss the cutoff date for little league. It is a non-competitive environment where the score is not kept. There are no outside practices and parents are encouraged to participate in meetings. The goal of the league is to have fun, develop new skills, enjoy wearing a hat and uniform and being part of a team for the very first time. Baseball Jersey, Hat and Trophy and team picture.

Day: Saturday
 Age: 4 & 5 years
 Cost: \$130
 Instructor: Master Sports Staff
SESSION: 9/24 - 11/12/11
LOCATION: CVRC Lower Field
NOTE: When registering online be sure to go to LEAGUES and not classes for this program.



VOLLEYBALL

This volleyball program will help students learn and improve all facets of the game. Passing, serving, setting, attacking, blocking digging, rotation, sportsmanship and rules will all be covered in this fun class.

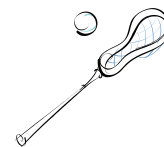
Day/Age: Monday, 9 - 13 years
 Time: 4:00 - 5:00pm Beginner
 5:00 - 6:00pm Intermediate
 Cost: \$110/8 weeks
 Instructor: Master Sports Staff
SESSION: 9/19 - 11/7/11
LOCATION: Carmel Valley Recreation Center Gymnasium



LACROSSE

This class is designed for the beginner lacrosse player. Basic fundamentals will be taught, such as stick handling, passing, and shooting. Our instructors will use various drills to teach skills, rules and how to play. (Non contact). Protective eyewear and sticks provided. T-shirt provided.

Day: Tuesday
 Time/Age: 3:45 - 4:45pm 8 - 10 years
 4:45 - 5:45pm 10 - 12 years
 Cost: \$110, includes t-shirt.
 Instructor: Master Sports Staff
SESSION: 9/20 - 11/8/11
LOCATION: CVRC Lower Field



BASKETBALL

Our staff will help students improve in all aspects of the game. Focus is put on improving the fundamentals of class participants by teaching them new skills and then working on them through a variety of fun drills and games. All participants receive a basketball and a t-shirt.

Day: Wednesday
 Time/Age: 3:00 - 4:00pm Grades K - 2
 4:00 - 5:00pm Grades 3 - 6
 Cost: \$110/8 weeks
 Instructor: Master Sports Staff
SESSION: 9/21 - 11/9/11
LOCATION: Carmel Valley Recreation Center Gymnasium



MASTER SPORTS CONT.

LASER TAG by Master Sports

By combining the exciting game of laser tag with popular games like Capture the Flag, Hide and Seek, and Paintball, we have created a fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Our Taggers are the highest quality equipment on the market with awesome sound effects and feedback. The game is played on a field full of props to run around and hide. Get off the couch and into a "Live Game"! T-shirt provided.

Day: Thursday
Time/Age: 3:45 - 4:45pm, ages 8 - 10
4:45 - 5:45pm, ages 10 - 12
Cost: \$120/8 weeks
SESSION: 9/22 - 11/10/11
LOCATION: CVRC Lower Field



LASER TAG BIRTHDAY OR **NEW!** GROUP PARTY by Master Sports

This is the birthday party that takes the cake – a laser tag birthday party is nonstop fun, whether you're turning 7 or 40. And parents, you can enjoy the celebration - our birthday parties are hassle-free as we handle all the entertainment! Players will enjoy state of the art outdoor laser tag equipment designed for huge fun. Email info@masteryoursports.com to reserve your laser tag event.

Included: 5 camouflage tents, inflatable boxes and commercial quality outdoor laser taggers. 90 minutes of game play!
Day: Sunday
Age: 7 years to adult
Time: 11:00am - 12:30pm or 1:00pm - 2:30pm
Cost: \$375 for 15 players or less. \$15 per additional player over 15. Specialty items available for an additional charge. (i.e. full scale F-22 replica jet, etc.)
LOCATION: CVRC Lower Field

To register for ALL MASTER SPORTS programs visit www.MASTERyourSPORTS.com

For more information contact Cara Dawson at (858) 945-4889.
Email: service@MASTERyourSPORTS.com

Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. **Please contact them directly for all program inquiries.**



EvOLvE DANCE

MAGICAL MUNCHKINS

Parents presence required. Parents participate as needed in this gentle introductory combination class of tap, ballet, tumbling and dance games. This is the perfect transition class between the Mommy or Daddy & Me and the Tiny Movers class.

Day: Wednesday
Age: 2 - young 3 years
Time: 9:45 - 10:30am
Cost: \$87/6 weeks or \$104 for Non-residents
Cost: \$165/12 weeks or \$198 for Non-residents
SESSION: 6 weeks, 9/21-10/26, 11/2-12/14 NO CLASS 11/23
12 weeks, 9/21-12/14 NO CLASS 11/23
LOCATION: CVRC Room 1
Minimum Enrollment: 5 Maximum Enrollment: 14



TINY MOVERS TAP/BALLET COMBO CLASS

A combination class of tap, ballet, tumbling and dance games. This fun, energetic, and expressive class will have your Tiny Mover learning basic dance skills, creativity, coordination, musicality and rhythm. This is the first 'big girls and boys' class as parents watch from a distance outside of the classroom.

Day: Wednesday
Age: 3 - 4 years
Time: 10:35 - 11:30am OR 3:00 - 3:55pm
Cost: \$87/6 weeks or \$104 for Non-residents
Cost: \$165/12 weeks or \$198 for Non-residents
SESSION: 6 weeks, 9/21-10/26, 11/2-12/14 NO CLASS 11/23
12 weeks, 9/21-12/14 NO CLASS 11/23
LOCATION: CVRC Room 1
Minimum Enrollment: 5 Maximum Enrollment: 14

STAR SHINERS TAP/BALLET COMBO CLASS

A combination class of ballet and tap or tumbling to keep your Star Shiner moving. This gentle but structured class will include fun movement allowing your child to express themselves while developing dance, listening, and motor skills.

Day: Wednesday
Age: 4.5 - 6 years
Time: 11:35am - 12:30pm OR 4:00 - 4:55pm
Cost: \$87/6 weeks or \$104 for Non-residents
Cost: \$165/12 weeks or \$198 for Non-residents
SESSION: 6 weeks, 9/21-10/26, 11/2-12/14 NO CLASS 11/23
12 weeks, 9/21-12/14 NO CLASS 11/23
LOCATION: CVRC Room 1
Minimum Enrollment: 5 Maximum Enrollment: 14



HIP HOP

This fun high-energy class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality and listening skills. Depending on age, activities include hip-hop moves, tumbling, and dance games. All music and moves are age appropriate.

Day: Wednesday
Age/Time: 4 - 7 years 5:00 - 5:55pm (max. 12)
8 - 13 years 6:00 - 7:00pm (max. 15)
Cost: \$87/6 weeks or \$104 for Non-residents
Cost: \$165/12 weeks or \$198 for Non-residents
SESSION: 6 weeks, 9/21-10/26, 11/2-12/14 NO CLASS 11/23
12 weeks, 9/21-12/14 NO CLASS 11/23
LOCATION: CVRC Room 1
Minimum Enrollment: 4



For more information or to take a TRIAL CLASS, contact EvOLvE Dance at (858) 876-5327 or info@dancetoevolve.com.
Internet: www.dancetoevolve.com

GYM KIDS GYMNASTICS

TODDLERS AND PRESCHOOLERS

In our toddler and preschool program, children ages walking through 5 develop gymnastics skills on all of the apparatus using progressions. Kinesthetic awareness, fine & gross motor skills, hand/eye/foot coordination and crossing the midline activities are packed into a FUN filled active learning experience.

Tumble Toddlers: walkers - 36 months

*Parent Participation REQUIRED

Parent or Guardian accompanies the young gymnast as he or she, led by our enthusiastic & knowledgeable staff, explores all of the gymnastics stations along with rhythm & movement plus parachute time!

Monday 10:30 - 11:15am Tuesday 11:00 - 11:45am

Gym Kids Pre-Rollers: walkers - 3 years

*Parent Participation REQUIRED

This is a GREAT class for parents with a young toddler as well as a preschool aged child as it is run simultaneously with our Gym Rollers (ages 3-5). The class is structured similarly to our tumble toddler class listed above.

Monday 9:30 - 10:15am
5:00 - 5:45pm

Gym Rollers: 3 - 5 years

Monday	9:30 - 10:15am	Tuesday	12:00 - 12:45pm
	11:30 - 12:15pm		2:00 - 2:45pm
	3:00 - 3:45pm		3:00 - 3:45pm
	4:00 - 4:45pm		4:00 - 4:45pm
	5:00 - 5:45pm		5:00 - 5:45pm

SCHOOL AGE PROGRAM

Our school age gymnastics program, designed for children ages 5 - 12, challenges children in a safe and positive way as we teach technically correct gymnastics on the Olympic events: vault, bars, balance beam, floor exercise and trampoline. Our noncompetitive program focuses on the learning process, as we promote the feeling of "I CAN DO IT!" in each child."

Pre-Jumpers: Girls 4 - 6 years

Tuesday 12:45 - 1:45pm

Gym Jumpers: Girls 5 - 7 years

Monday	3:00 - 4:00pm	Tuesday	3:00 - 4:00pm
	4:00 - 5:00pm		4:00 - 5:00pm
			4:45 - 5:45pm

Gym Jammers: Girls 7 - 11 years

Tuesday 3:45 - 4:45pm
4:45 - 5:45pm

Gym Jumpers & Jammers Level II: 6 - 11 years

Must have previous gymnastics experience and meet a skill set to be invited into this class.

Monday 5:50 - 6:50pm

Boys Only: 5 - 7 years

Tuesday 3:00 - 4:00pm

Cost: \$160/10 weeks or \$190 for Non-residents

SESSION: Mon. 9/19 - 11/28/11 NO CLASS 11/21

Tues. 9/20 - 11/29/11 NO CLASS 11/22

No partial refunds or make ups for missed classes (i.e. routine illness, vacation or other schedule conflict). Sorry, no exceptions!

GYM KIDS JR. HIGH TUMBLING & TRAMPOLINE



For the middle school aged boy or girl gymnast. Focus is on tumbling and trampoline skills that carry over into cheer as well as ALL sports. Vault, Bars and Beam incorporated to promote upper body strength and balance.

Day: Monday
Time: 5:50 - 6:50pm
Age: 6th - 8th Grade
Cost: \$160/10 weeks or \$190 for Non-residents
SESSION: 9/19 - 11/28/11 NO CLASS 11/21

For more information regarding ALL GYM KIDS classes contact Gym Kids at (858) 487-7799.

Email: info@rockntumble.com

Internet: www.rockntumble.com/carmelsched.pdf

CARMEL VALLEY TENNIS

FALL 2011 JUNIOR TENNIS CLINIC SCHEDULE

Pee Wees

Day: Tuesdays and Thursdays
Time: 1:15 - 2:00pm
Cost: \$200 (8 weeks -16 clinics)
Drop-ins: \$15 per clinic

Tier I - USTA Quickstart (Beginners 10 & under)

Tier II - Beginners/Intermediate

Day: Monday and Wednesday
Time: 3:30 - 5:00pm
Sessions: September 6-30, \$140 (7 clinics)
October 3-31, \$180 (9 clinics)
November 1-30, \$180 (9 clinics)
Drop-ins: \$30 per clinic

Tier III - Intermediate/Advanced

Day: Tuesday and Thursday
Time: 3:30 - 5:00pm
Sessions: September 6-30 & October 3-31, \$160 (8 clinics)
November 1-30, \$180 (9 clinics)
Drop-ins: \$30 per clinic

High Performance I (Novice Tournament Players)

Day: Tuesday and Thursday
Time: 5:00 - 6:30pm
Sessions: September 6-30 & October 3-31, \$160 (8 clinics)
November 1-30, \$180 (9 clinics)
Drop-ins: \$30 per clinic

High Performance II (Satellite Tournament Players)

Elite (Open Tournament Players)

Day: Friday
Time: 4:00-7:00pm (limited spots available)
Session: September 9 - December 2, \$480 (12 clinics)
Drop-ins: \$50 per clinic

\$20 discount given if registered for monthly clinics 7 days in advance.



For more information contact Carmel Valley Tennis at (858) 504-4181 or go online at www.carmelvalleytennis.net.

GIRLS RUNNING CLUBS

GIRLS ON THE RUN

Girls on the Run is a life-changing program that encourages girls to develop self-respect and healthy lifestyles through running. We combine training for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. Our goal is to encourage positive emotional, social, mental, spiritual and physical development.

Day: M/W or T/Th
Time: 4:00 - 5:15pm
Age: Grades 3 - 5
Cost: \$200/12 weeks
**SESSION: M/W 9/19 - 12/14/11 (NO CLASS 11/21, 11/23)
T/Th 9/20 - 12/15/11 (NO CLASS 11/22, 11/24)**

GIRLS ON TRACK

Girls on Track is a program for middle school girls that combines training for a 5K running event with activities and experiences which empower girls to honor their bodies, voices and gifts and in doing so, activate their individual power. There are more mature discussions topics like dealing with stress, emotional eating, internet safety, relationships and being good role models.

Day: T/Th
Time: 4:15 - 5:30pm
Age: Grades 6 - 8
Cost: \$200/12 weeks
SESSION: 9/20 - 12/15/11 (NO CLASS 11/22, 11/24)



For more information, contact
Girls on the Run of San Diego
at (619) 813-9020
Email: info@gotrsd.org
Internet: www.gotrsd.org

UPCOMING PROGRAM INFORMATION

WINTER 2012 PROGRAM

Brochure Available: Week of November 21, 2011
Registration Begins: December 10, 2011
Class Session Begins: January 2, 2012

Note: All dates are subject to change without prior notification.



**MARK YOUR
CALENDAR!**

ADULT SPORTS LEAGUES

PLEASE CONTACT LEAGUE DIRECTORS

SOFTBALL LEAGUES: MEN'S & CO-ED

- Team sign ups only.
- Co-ed: Monday or Wednesday Nights at CVRC
- Men's Slow Pitch: Tuesday or Thursday Nights at CVRC
- Team entry fees to be determined.

For more information contact League Director,
Pete McNamera, at (858) 453-6208.



KICKBALL LEAGUES: CO-ED

- Individuals and Teams are welcome to sign up.
- Social league: Games played on Monday nights

For more information visit: www.govavi.com or
call (858) 273-3485

INDOOR VOLLEYBALL LEAGUES: CO-ED

- Individuals and Teams are welcome to sign up.
- 6v6 Intermediate Thursday nights

For more information visit: www.govavi.com or
call (858) 273-3485



BASKETBALL LEAGUES: MEN'S

- Games played on Tuesday nights.
- B and C divisions available.

For more information call Lance at (619) 991-8902 or visit:
www.sandiegoabl.com

SENIOR ACTIVITIES

ACTIVE OLDER ADULTS STRENGTH & STRETCH

Senior exercise classes offered through the San Dieguito Adult School. Contact the San Dieguito Adult School for class schedules and registration information.

Phone: (760) 753-7073
Internet: www.sdadulthood.com



The businesses listed on this page rent facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of each individual business.

Please contact them directly for all program inquiries.

MASTER SPORTS THANKSGIVING XTREME DODGEBALL CAMP

By combining some of the most popular games of all time like Dodge Ball, Capture the Flag, Hide and Seek, and Paintball, Master Sports has created an incredibly fun, fast-paced, adrenaline rush game. This game teaches team work, strategy, and good sportsmanship. Physical fitness benefits include building speed, agility, coordination and throwing accuracy.

The game is played in the gymnasium with inflatable obstacles used for ducking, dodging and hiding. Our dodge balls are child friendly soft foam core models to create a safe and *Xtremely* fun time!

Days: Monday, Tuesday and Wednesday
Age: 6 - 12 years
Time: 9:00am - 12:00pm
Cost: \$120
Instructor: Master Sports Staff
SESSION: 11/21/11 - 11/23/11

**CAMP T-SHIRT
INCLUDED!**



To register for this camp visit www.MASTERYourSPORTS.com For more information contact Cara Dawson at (858) 945-4889.
Email: service@MASTERYourSPORTS.com

Master Sports rents facility space from the City of San Diego and the Carmel Valley Recreation Center to operate their programs. Distributing registration and program information is the responsibility of this individual business. **Please contact them directly for all program inquiries.**

YOUTH BASKETBALL LEAGUE

Association for Athletics CARMEL VALLEY OPEN - FALL 2011 YOUTH BASKETBALL LEAGUE

Make your own team, pick a name, and play some basketball in two of the most beautiful facilities in San Diego.

Games are on Mondays and Wednesday evenings and held in the gyms at Ocean Air and Carmel Valley Recreation Centers. Teams are guaranteed eight games. All communities are welcome to participate. This league is semi-competitive.

Cost: \$850 per team includes uniforms (1 check per team)
Email dan@masteryoursports.com to reserve a spot.

Season Runs late September to early December 2011.
REGISTRATION DEADLINE SEPTEMBER 15, 2011.
DOWNLOAD TEAM REGISTRATION FORM AT
www.MASTERYourSPORTS.com

Association for Athletics YOUTH BASKETBALL - FALL 2011 RECREATION LEAGUE FOR INDIVIDUAL PLAYERS



Divisions:
Grade 1 -2 (Co-ed)
Grade 3 - 4 (Boys)
Grade 5 - 6 (Boys)
Grade 7 -8 (Boys)
League Play: October 2 – December, 2011
Registration Fee: \$120 per player
Games are Saturdays in the
Carmel Valley Recreation Center Gym.

PLEASE VISIT www.MASTERYourSPORTS.com
FOR MORE INFORMATION.

Please Note: Our Winter 2012 (January - March)
Youth Basketball League Registration begins Sept. 15 online.

YOUTH FLAG FOOTBALL LEAGUE

The Carmel Valley Recreation Council is excited to bring a Flag Football League to the Carmel Valley Community!

This league is for all skill levels. Teams will be formed by a draft, based on the number of registered participants on the day of player evaluations.

Teams will play other area Recreation Center teams and have a chance to qualify for the City-Wide tournament at Robb Field in December competing against the top teams in the City of San Diego.

Registration price includes 6-7 regular season games, playoffs, jerseys, and trophies/medals.

DIVISIONS:

10 & Under (8, 9 & 10):
Players must turn 8 prior to Dec. 10, 2011

12 & Under (11 & 12):
Players cannot turn 13 prior to Dec. 11, 2011

Birth Certificates are required to register. No Exceptions!
Age Cutoff: December 11, 2011

Registration begins August 8, 2011 at 2:00pm

Cost: \$60
Season: October – December 10, 2011
Coach: Recreation Center Staff



Sign up Soon, Space is Limited!

For more information, please call the
Recreation Center office at 858-552-1616.